

**APPLICATION**

**FOR UNITED STATES LETTERS PATENT**

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**SPECIFICATION**

TO ALL WHOM IT MAY CONCERN:

BE IT KNOWN THAT I, **Donald Mason**, a citizen of the United States, have  
invented a new and useful hockey training system of which the following is a specification:

1  
2 **Hockey Training System**  
3  
4

5 **CROSS REFERENCE TO RELATED APPLICATIONS**  
6

7 Not applicable to this application.  
8  
9

10  
11 **STATEMENT REGARDING FEDERALLY**  
12 **SPONSORED RESEARCH OR DEVELOPMENT**  
13

14 Not applicable to this application.  
15  
16

17 **BACKGROUND OF THE INVENTION**  
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20

21 **Field of the Invention**  
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23 The present invention relates generally to hockey training devices and more  
24 specifically it relates to a hockey training system for providing a versatile hockey training  
25 apparatus capable of providing various hockey training techniques.  
26  
27

28 **Description of the Related Art**  
29

30 Plyometric training devices and slide boards have individually been in use for  
31 years. However, none of these devices are designed for hockey training. In addition, none

1 of these devices have been combined to form a single structure capable of providing the  
2 same along with a hockey shot practice system.

3  
4 While these devices may be suitable for the particular purpose to which they  
5 address, they are not as suitable for providing a versatile hockey training apparatus  
6 capable of providing various hockey training techniques. Conventional training devices  
7 are not as suitable for providing a versatile hockey training system.

8  
9 In these respects, the hockey training system according to the present invention  
10 substantially departs from the conventional concepts and designs of the prior art, and  
11 in so doing provides an apparatus primarily developed for the purpose of providing a  
12 versatile hockey training apparatus capable of providing various hockey training  
13 techniques.

1

2                   **BRIEF SUMMARY OF THE INVENTION**

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4           In view of the foregoing disadvantages inherent in the known types of hockey  
5 training systems now present in the prior art, the present invention provides a new  
6 hockey training system construction wherein the same can be utilized for providing a  
7 versatile hockey training apparatus capable of providing various hockey training  
8 techniques.

9

10          The general purpose of the present invention, which will be described  
11 subsequently in greater detail, is to provide a new hockey training system that has  
12 many of the advantages of the hockey training systems mentioned heretofore and many  
13 novel features that result in a new hockey training system which is not anticipated,  
14 rendered obvious, suggested, or even implied by any of the prior art hockey training  
15 systems, either alone or in any combination thereof.

16

17          To attain this, the present invention generally comprises a base having an outer  
18 perimeter, a pair of platforms positionable upon the base, a pair of cover members  
19 positionable upon the upper portion of the base, a pair of reserve units designed to  
20 retain a plurality of pucks and a shooting member for allowing the user to shoot pucks  
21 upon. The hockey training system is positionable within a plyometrics position, a  
22 stepping box position, a shooting position and a sliding position for providing versatile  
23 training for a hockey player within a single unit.

24

25          There has thus been outlined, rather broadly, the more important features of the  
26 invention in order that the detailed description thereof may be better understood, and  
27 in order that the present contribution to the art may be better appreciated. There are  
28 additional features of the invention that will be described hereinafter and that will form  
29 the subject matter of the claims appended hereto.

1

2       In this respect, before explaining at least one embodiment of the invention in  
3 detail, it is to be understood that the invention is not limited in its application to the  
4 details of construction and to the arrangements of the components set forth in the  
5 following description or illustrated in the drawings. The invention is capable of other  
6 embodiments and of being practiced and carried out in various ways. Also, it is to be  
7 understood that the phraseology and terminology employed herein are for the purpose  
8 of the description and should not be regarded as limiting.

9

10       A primary object of the present invention is to provide a hockey training system  
11 that will overcome the shortcomings of the prior art devices.

12

13       A second object is to provide a hockey training system for providing a versatile  
14 hockey training apparatus capable of providing various hockey training techniques.

15

16       Another object is to provide a hockey training system that is capable of having  
17 various positions such as a plyometrics position, a stepping box position, a puck  
18 shooting position and a sliding position.

19

20       An additional object is to provide a hockey training system that may be easily  
21 stored and used.

22

23       Other objects and advantages of the present invention will become obvious to the  
24 reader and it is intended that these objects and advantages are within the scope of the  
25 present invention.

26

27       To the accomplishment of the above and related objects, this invention may be  
28 embodied in the form illustrated in the accompanying drawings, attention being called  
29 to the fact, however, that the drawings are illustrative only, and that changes may be

- 1 made in the specific construction illustrated and described within the scope of the
- 2 appended claims.

1  
2                   **BRIEF DESCRIPTION OF THE DRAWINGS**  
3

4           Various other objects, features and attendant advantages of the present  
5 invention will become fully appreciated as the same becomes better understood when  
6 considered in conjunction with the accompanying drawings, in which like reference  
7 characters designate the same or similar parts throughout the several views, and  
8 wherein:  
9

10           FIG. 1 is an upper perspective view of the present invention showing the  
11 platforms in the plyometric position.  
12

13           FIG. 2 is an upper perspective view showing an individual practicing  
14 plyometrics.  
15

16           FIG. 3 is a front view of the present invention showing the platforms in the  
17 plyometrics position.  
18

19           FIG. 4 is an upper perspective view of the present invention with the platforms  
20 in the stepping box position.  
21

22           FIG. 5 is an upper perspective view of an individual stepping upon the  
23 platforms.  
24

25           FIG. 6 is a front view of the present invention showing the platforms in the  
26 stepping box position.  
27

28           FIG. 7 is an upper perspective view of the present invention in the shooting  
29 position.

1

2       FIG. 8 is an upper perspective view of the present invention in the shooting  
3 position with an individual positioned upon the cover members.

4

5       FIG. 9 is an upper perspective view of the present invention in the shooting  
6 position with a net.

7

8       FIG. 10 is an upper perspective view of the present invention in the sliding  
9 position.

10

11       FIG. 11 is an upper perspective view of the present invention in the sliding  
12 position with an individual practicing upon the same.

13



## DETAILED DESCRIPTION OF THE INVENTION

### *A. Overview*

Turning now descriptively to the drawings, in which similar reference characters denote similar elements throughout the several views, FIGS. 1 through 11 illustrate a hockey training system 10, which comprises a base 20 having an outer perimeter 24, a pair of platforms 30 positionable upon the base 20, a pair of cover members 40 positionable upon the upper portion of the base 20, a pair of reserve units 50 designed to retain a plurality of pucks 12 and a shooting member 60 for allowing the user to shoot pucks 12 upon. The hockey training system is positionable within a plyometrics position, a stepping box position, a shooting position and a sliding position for providing versatile training for a hockey player within a single unit.

### *B. Base*

The base 20 is comprised of a generally flat and elongated structure as best shown in Figures 10 and 11 of the drawings. The base 20 has a floor 22 having a slippery surface that is usable by a user as a slide board when the present invention is in the sliding position as shown in Figures 10 and 11 of the drawings. The base 20 may have various lengths and widths as desired to accommodate an individual in a sliding position.

The base 20 preferably includes an outer perimeter 24 defining the floor 22 as best shown in Figures 10 and 11 of the drawings. The floor 22 is preferably comprised of a slippery material such as but not limited to plastic. The base 20 preferably includes a pair of end members 28 at the interior end portions of the base 20, wherein the end members 28 are preferably angled for the user to engage when operating the base 20 in the sliding position. A plurality of angled slots 26 preferably extend within an interior portion of the outer perimeter 24 as shown in Figures 10 and 11 of the

1 drawings. The pair of end members 28 are removably and adjustably positionable  
2 within the angled slots 26 for defining a sliding area upon the floor 22 for a user  
3 performing a sliding exercise. For example, the user may create a shorter sliding area  
4 by positioning the end members 28 closer together or a longer sliding area by  
5 positioning the end members 28 farther apart.

#### 6 7 **C. Platforms**

8 The pair of platforms 30 are positionable upon the base 20 in either a  
9 plyometrics position (Figures 1 through 3) or a stepping box position (Figures 4  
10 through 6). The platforms 30 have an upper member and at least a pair of outer legs  
11 32. The pair of outer legs 32 support the pair of platforms 30 inwardly in a  
12 plyometrics position as further shown in Figures 1 through 3 of the drawings.

13  
14 The pair of platforms 30 may also each include a pair of inner legs 32 to create  
15 a stepping box position as shown in Figures 4 through 6 of the drawings. The inner  
16 legs 32 and the outer legs 32 are preferably comprised of a similar length to create a  
17 substantially horizontal platform 30 as best illustrated in Figure 6 of the drawings.  
18 The platforms 30 in the stepping box position may have various heights as can be  
19 appreciated by one skilled in the art. The legs 32 are attachable to the base 20 by a  
20 plurality of pins 34 extending through the base 20 and a lower end of the legs 32 as  
21 shown in Figures 1 through 6 of the drawings.

#### 22 23 **D. Cover Member**

24 At least one cover member is positionable upon an upper portion of the base 20  
25 for a user to stand upon while practicing their shooting upon the shooting member 60.  
26 The cover member positioned upon the outer perimeter 24 of the base 20 provides an  
27 elevated position for the user thereby allowing them to stand upon without ice skates  
28 and provide a similar elevation above the surface of the shooting member 60 as if they

1 were wearing ice skates as best shown in Figure 8 of the drawings. The cover member  
2 may be comprised of any flat and rigid structure capable of supporting a user.

3  
4 ***E. Shooting Member***

5 The shooting member **60** preferably has an upper slippery surface for allowing a  
6 user to practice shooting hockey pucks **12** upon while standing upon the cover member  
7 as shown in Figures 7 through 9 of the drawings. The shooting member **60** preferably  
8 has an outer edge **62** for preventing the hockey pucks **12** from falling off the outer  
9 portion thereof.

10  
11 The shooting member **60** is preferably comprised of a flat and elongate  
12 structure that is positionable adjacent to (or attached to) the base **20** as shown in  
13 Figures 7 through 9 of the drawings. The shooting member **60** is preferably  
14 positionable substantially parallel with respect to the base **20** as shown in Figures 7  
15 through 9 of the drawings. At least one conventional hockey net **14** may be positioned  
16 at one of the opposing ends of the shooting member **60** for catching the hockey pucks  
17 **12** as they are shot by a user.

18  
19 ***F. Reserve Unit***

20 At least one reserve unit **50** is positionable upon an end of the base **20**, wherein  
21 the reserve unit **50** is designed to retain and dispense a plurality of pucks **12** as shown  
22 in Figures 7 through 9 of the drawings. The reserve unit **50** preferably includes a side  
23 opening **52** for allowing a user to remove and dispense hockey pucks **12** from the at  
24 least one reserve unit **50**. The reserve unit **50** also preferably includes a curved portion  
25 **54** connected to the side opening **52** for assisting in guiding hockey pucks **12** from the  
26 reserve unit **50**. The at least one reserve unit **50** may be comprised of a pair of reserve  
27 units **50** positionable upon opposing ends of the base **20** as shown in Figures 7 through  
28 9 of the drawings.

1     **G.     *Operation of Invention***

2             In use, the user first determines if they want the invention within the  
3     plyometrics position (Figures 1 through 3), the stepping box position (Figures 4  
4     through 6), the shooting position (Figures 7 through 9) or the sliding position (Figures  
5     10 and 11).

6  
7             If the user desires to utilize the plyometrics position, the user simply utilizes the  
8     platforms 30 with the outer pair of legs 32 (without the inner pair of legs 32) thereby  
9     creating an inwardly slanting position for the platforms 30 as best illustrated in Figure 4 of  
10    the drawings. The outer pair of legs 32 and the inner portion of the platforms 30 are  
11    preferably attached to the outer perimeter 24 of the base 20 by a plurality of pins 34 as  
12    shown in Figures 1 through 3 of the drawings. The user is then able to utilize the present  
13    invention as a plyometrics exercise device as shown in Figure 2 of the drawings.

14  
15            If the user desires to utilize the stepping box position, they attach the inner pair of  
16    legs 32 to create a substantially horizontal platform 30 as shown in Figures 4 through 6 of  
17    the drawings. A pair of spacers 36 may be positioned on the outside of the inner pair of  
18    legs 32 as shown in Figures 4 and 5 of the drawings. The legs 32 are then attached to the  
19    outer perimeter 24 of the base 20 by a plurality of pins 34 as shown in Figures 4 through 6  
20    of the drawings. The user is then able to utilize the present invention as a stepping exercise  
21    device as shown in Figure 5 of the drawings.

22  
23            If the user desires to utilize the shooting position, they position the cover  
24    members 40 upon the outer perimeter 24 of the base 20 to stand upon as shown in  
25    Figures 7 through 9 of the drawings. The user also positions the shooting member 60  
26    adjacent to the base 20 to shoot hockey pucks 12 upon. The user may also attach the  
27    reserve units 50 to the opposing ends of the base 20 as shown in Figures 7 through 9 of  
28    the drawings. The user may also position a hockey net 14 near an end of the shooting

1 member **60** as shown in Figure 9. The user is then able to utilize the present invention as  
2 a hockey puck shooting exercise device as shown in Figure 8 of the drawings.

3  
4 If the user desires to utilize the sliding position, they remove the platforms **30**,  
5 the reserve units **50** and/or the cover members **40** to expose the floor **22** of the base **20**  
6 as shown in Figures 10 and 11 of the drawings. The user then positions the end  
7 members **28** in the desired slots **26** to create a desired length of sliding area. The user  
8 then is able to utilize the present invention as a sliding exercise device as shown in  
9 Figure 10 of the drawings.

10  
11 What has been described and illustrated herein is a preferred embodiment of the  
12 invention along with some of its variations. The terms, descriptions and figures used  
13 herein are set forth by way of illustration only and are not meant as limitations. Those  
14 skilled in the art will recognize that many variations are possible within the spirit and  
15 scope of the invention, which is intended to be defined by the following claims (and  
16 their equivalents) in which all terms are meant in their broadest reasonable sense  
17 unless otherwise indicated. Any headings utilized within the description are for  
18 convenience only and have no legal or limiting effect.